

| TIME | INFANT | TODDLER | PRE-SCHOOL | SCHOOL-AGE |
|-------------------|---|--|--|---|
| 8:00am – 9:00am | Arrivals, greetings, child updates from parents, daily health check and hand washing. Breakfast, infant feeding, and quiet activities. | | | |
| 9:00am - 9:15am | Clean-up, toileting or diaper changing and hand washing. | | | |
| 9:15am - 9:45am | Cuddle/talk time, exploring with mirrors, soft books/toys | <u>Circle Time:</u> Circle games, sing songs, music, story time, finger games, conversation, colors and shapes, learning words, letters and numbers. | | |
| 9:45am - 10:15am | Nap or soft toy play, squeeze toys, rattles, exploring with textures and sounds | Free choice: Push and Pull toys, pop-up toys, filling and dumping, pretend with dolls, finger painting, puppets | Free choice: Drawing, painting, play dough, arts & craft, block building, housekeeping, cut & paste, table games, sand or water play | Free choice: Role play, painting, arts & crafts, drawing, writing, reading, play dough, cooking/baking, table games |
| 10:15am - 10:30am | Clean-up, toileting or diaper changing and hand washing. | | | |
| 10:30am – 10:45am | Dress infants for outdoors | Preparation for outdoor activities: Dress toddler / pre-school children for the weather. Older children help younger children dress | | |
| 10:45am - 11:45am | <u>Outdoor time:</u> Active play at playground, trips to supermarket, nature walks, fire house, post office, scavenger hunts, library etc. | | | |
| 11:45am - 12pm | Transition to indoors, toileting or diaper changing, and hand washing | | | |
| 12:00pm - 12:45pm | Feeding time | Lunch preparation and lunch time: guide children in small group discussions about table manners, nutrition, favorite foods, etc. | | |
| 12:45pm - 1:00pm | Clean-up, toileting or diaper changing and hand washing. | | | |
| 1:00pm - 3:00pm | NAP TIME / REST TIME / QUIET TIME | | | QUIET READING, WRITING |
| 3:00pm - 3:15pm | Waking up, clean-up, toileting or diaper changing, and hand washing | | | |
| 3:15pm - 3:45pm | Feeding time | Preparation for snack and Snack time: Older children can help with prep. Guide children in discussion | | |
| 3:45pm - 4:15pm | Cuddle/talk time, puppets | <u>Active Circle Time:</u> Music and movement, circle games, short stories, poetry, share conversations, classes. Older children can read to younger children | | |
| 4:15pm - 4:30pm | Teething rings & other chew toys, listen to music | Free choice: Floor play, exploring with foam blocks, musical and educational toys, push&pull toys, filling and dumping | Free choice: Table games, sorting, matching, counting, puzzles, legos, arts & crafts, drawing | Free choice: Homework help, computer games, counting fun, table games, puzzles, cards, board games, writing, arts & crafts, drawing |
| 4:30pm - 5:30pm | NAP TIME | | | |
| 5:30pm - 5:45pm | Clean-up, toileting or diaper changing and hand washing. | | | |
| 5:45pm - 6:00pm | Feeding time | Preparation for departure | | |